

The Evening World's School of Matrimony

SUGGESTED BY JUDGE HARRY LEWIS OF CHICAGO.

Eugenic Marriages

Discussed by Rose Rothenberg
(Assistant on District Attorney Swann's Staff)

"No Two People on Earth Could Be Happily Mated Merely on Physical Points—Must Be a Mental Fitting Too."



"Give Young People Necessary Facts About Life and We Shall Have a Saner, Fitter Married Set of People."

(Seventh in a Series of Lectures Arranged by The Evening World.)

By Fay Stevenson.

EUGENIC marriages to be ideal must, of course, have their mental as well as physical attractions. Where you get this combination you have your Utopia—the happy land of marriage.

This is what Miss Rose Rothenberg, Assistant on District Attorney Swann's staff, told me after she had spent a busy day in the Criminal Courts summing up a shoplifting case. I asked Miss Rothenberg to talk on the subject of eugenics and marriage because I knew she had made a special study along this line. Because she has taken such a strong personal interest in all the cases which have come before her both in the Women's Court and now in the Criminal Courts, she has delved into the subject of eugenics to see just how the perfect physical marriage might solve so many seemingly unhappy marriages.

"It is true that no two people on earth could be happily mated merely on physical points," said Miss Rothenberg; "there must be a mental fitting too, but it is also true that many times couples are first drawn to each other through physical charms. Because a young lady has beautiful Titian hair or interesting hazel eyes a young man frequently discovers he loves her and later admires her for her mental qualities. This is also true with the average young woman, who first admires a man for his broad shoulders, his square chin or his keen, well-chiseled features. So you see in a way the physical does play a most important part in love."

"Therefore, since young couples are often first attracted to each other through their physical charms, it is quite probable that the eugenic marriage—the mating of the fit—will prove successful. This is especially true with very young people, and it is at this stage that they should be taught the importance of selecting a physically fit mate."

"You should be taught that the marriage of two physically fit people means not only clean, healthy offspring, but it means health and vigor for them as individuals."

"The girl must not be kept too busy," she should know that in order to have healthy, normal children she must select a healthy, normal mate for her husband. If she selects a husband whose blood is tainted or who is suffering from some incurable disease she will not only be apt to have lame, blind and probably mentally defective children, but she will likewise endanger her own health. How many girls learn these facts too late?

"The man must be told the very same facts about marrying a girl whose blood is tainted or who is suffering from some incurable disease. If he wishes to rear a strong, healthy family of children he must marry a girl who is wholesome and clean and able to assume the responsibilities of motherhood. Even though he does not look upon marriage with the purpose of rearing a family he must, if he wishes a happy marriage, consider the physical fitness of his bride."

"Happy, healthy children, a happy, sane outlook on life, better prospects for the future because the husband is strong and well fitted for work and because the wife is strong and better able to assume her domestic duties are all the results of eugenic marriages."

"Do you believe that much of the infelicity of married couples comes from physically unfit marriages?" I asked.

"There is less infelicity among eugenic couples," replied Miss Rothenberg. "This is to be expected, not only because the husband and wife are better fitted physically to compete with the conditions of life but because the physical health also affects the mental life. When people are well and strong their outlook on life is broader, saner and happier. Eugenic couples are far better able to cope with the problems which marriage sets before them."

"Supposing a girl falls in love with a young man who has suffered from tuberculosis," I said to Miss Rothenberg. "Perhaps he has always lived in the city and suddenly breaks down. If he is sent out West for a year and his constitution built up so that he returns a strapping fellow, stronger than ever before in his life, would it be dangerous for the girl to wed him?"

"That is exactly what happened to Theodore Roosevelt," declared Miss Rothenberg; "and certainly he reared

FURTHER LECTURES IN THE COURSE

VIII. WHY HUSBANDS AND WIVES LEAVE EACH OTHER.

Discussed by Miss Genevieve Allen, in Charge of the Abandonment Bureau.

IX. HAPPINESS FOR HUSBANDS AND WIVES.

Discussed by Edith Ellis Furness, Dramatist and Writer.

a strong, healthy family and never again suffered from a serious illness along that line. No, I do not think the tubercular patient who has been completely cured is half as unfit to wed as the person who has suffered from tainted blood or some skin disease. A strong, robust girl need not fear to wed such a young man."

"At what age do you think the average couple should marry?"

"I believe in the youthful marriage," replied Miss Rothenberg. "That is the time when the average youth and maiden are physically fit and mentally adaptable. But I also believe that marriage should be made more difficult to enter and there should be a physical examination for both the man and the girl. Teach young people the value of health and the part it plays in one's future life, give them the necessary facts about life and we shall have a saner, fitter married set of people."

Why Girls Leave Home

By Sophie Irene Loeb

A MAN from Rockaway Beach suggests that I write something on the subject of why girls leave home, as so many do. He says:

"This fact was brought home to me by the sudden disappearance of the daughter of an intimate friend of mine. Why she disappeared troubled the parents, for her home environment was ideal, and her every whim was always gratified."

"Some time later I was informed by a friend that the National Congress of Mothers and Parent Teacher Associations' Convention which was held in Washington, D. C., the early part of this year reported that over 65,000 girls disappeared annually. An appalling number, you will agree."

"Since this subject is of universal interest, and concerns every household, I thought that one of your

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QUESTIONS.

1. What European city originally was named Byzantium?
2. What is the largest lake in South America?

In which South American republic is Mount Chimborazo located?

4. Which is the only State in the Union in which divorce is not allowed under any circumstances?

5. What group of mountains are said to comprise the richest 100 square miles on earth, yielding one-tenth of the gold annually produced in the United States?

6. Which more closely approaches the South Pole, Australia or Africa?

7. Who was the first navigator known to have crossed the Antarctic Circle?

8. What flag was raised at the South Pole when it was discovered?

9. How many crowns are there in an English sovereign?

10. What was the name of the collier that Lieut. Hobson sank at the entrance to Santiago Harbor?

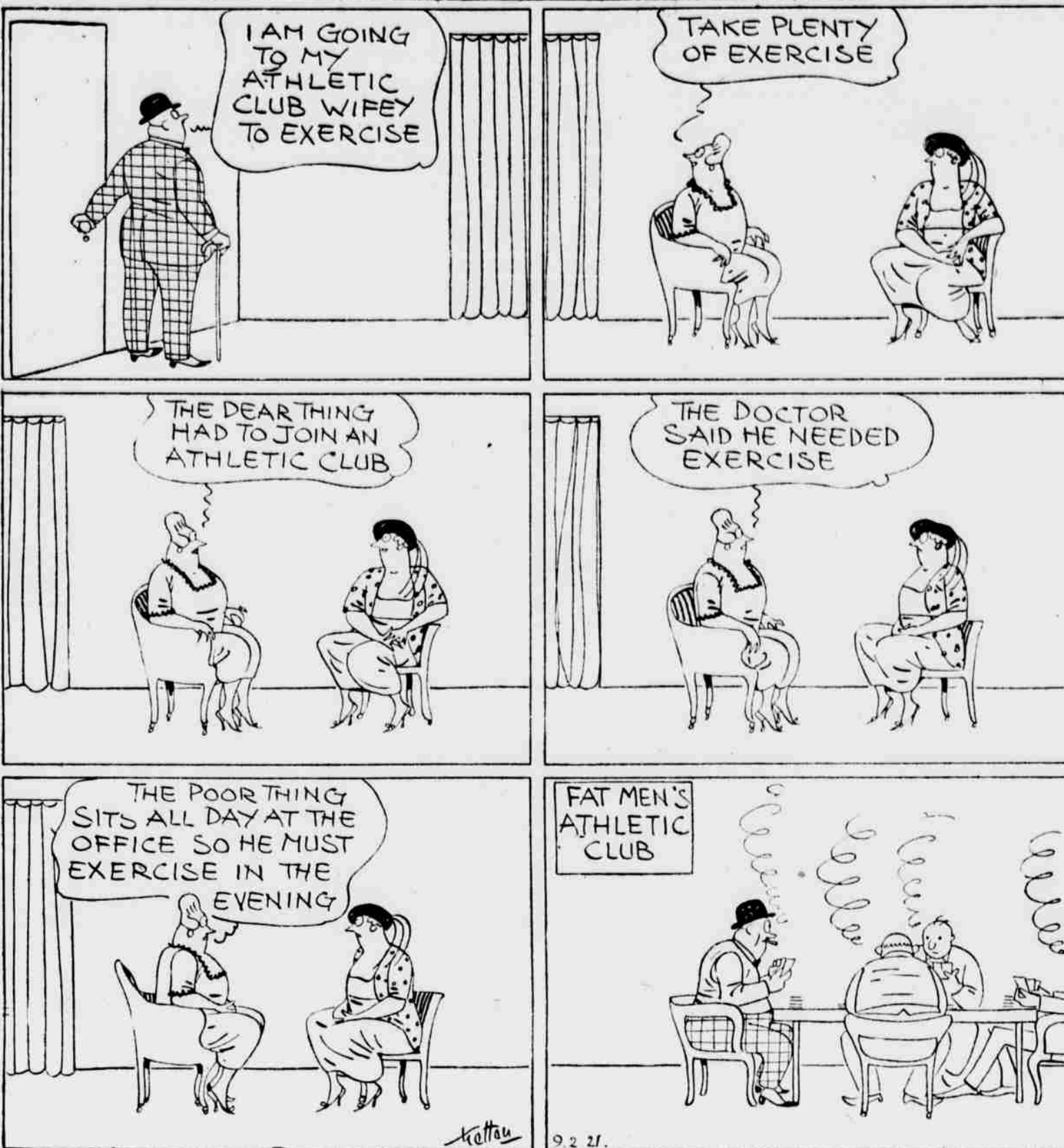
ANSWERS.

1. Constantinople; 2. Titicaca; 3. Ecuador; 4. Bolivia; 5. Black Hills, S. D.; 6. Australia; 7. Capt. James Cook; 8. Norwegian; 9. four; 10. Merrimack.

DAILY MAGAZINE

Can You Beat It!

By Maurice Ketten



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many, many times of the trials and tribulations that will be hers before she takes the step of "leading her own life."

When you think of the misery and misgiving that is caused the family from which the girl leaves it seems selfish, to say the least, for her to take such a step.

It is easy enough to get away, but to survive the ordeal and come out with flying colors is rare, indeed.

Usually, I believe, the majority of girls are glad to get back. Yet I know a girl who left home because she had nothing to worry about. Everything was made so easy for her that she just wanted a taste of hardship. Needless to say, she got it and was glad to return to the home haven.

As for an education, any girl can get it within her home district if she tries. And the girl who longs for better social connection than she can find at home can readily get it if she seeks it. There are many good young people's organizations that will welcome any girl who seeks to find comrades.

Any girl who leaves home, however, misses something—a big something. The very struggles that they try to avoid are what they need most to make them fine, splendid women. Of course, I am speaking now of the average and not the one whose life is really unbearable.

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The Jarr Family

By Roy L. McCardell

"WELL, what do you think of that? Look at the woman!" cried Mrs. Jarr excitedly at the window. And Mr. Jarr, who was about to settle himself with his pipe and the evening paper, was forced to rise and gaze out of the window also.

"She must have come into town from her country place just to get it."

Maybe it's smuggled—it's against the law!"

"Hooch? Where?" gasped Mr. Jarr, blinking down on the street.

"Hooch? Is that all you men think of these days?" asked Mrs. Jarr. "No, can't you see it's Mrs. Stryver? She dashed by in an open car with a new dress and a new fall wrap and a new handbag and a new hat with a beautiful plume. They are very rare, so don't let people tell you they are not in fashion. I saw one that Mrs. Kittingly has that cost \$200 and she says that a paradise is like what this man said about his dream—these may be vulgar, but them as has 'em wears 'em. Although, of course, a paradise isn't vulgar, and I will say that only a person like Mrs. Stryver would ride in an open motor car wearing a hat with a paradise!"

"No, she isn't. I'm glad to say," interrupted Mr. Jarr. "Some of them are good looking."

At another time Mrs. Jarr might have looked at this remark with a frown, but she was too indignant at the passing friend having so much costly apparel.

"And the old dame is getting fatter all the time," Mr. Jarr went on. Now remember he had not seen Mrs. Stryver at all. Oh, women are not the only cats! Still he may have been entering in order to please Mrs. Jarr, who, if it was evident, was quite indulgent.

But Mrs. Jarr only murmured, as though to herself. "And after all she said, 'no'!"

"Did she say she wasn't fat or that she wasn't getting fatter?" Mr. Jarr asked. "Yes, possibly because Mr. Jarr said 'no'." Mrs. Jarr continued.

"Didn't you see? Didn't you see her with the paradise, and after her bursting into tears and denouncing everybody's contribution to the Kind Hearts Club, to protect the wild birds and their nestlings, from plume-hunters, after Mary Marchbanks' Mylie had spoken so feelingly of the

nestlings? And there was Mrs. Stryver with a paradise!"

"I lost ten dollars to her husband once with a pair of dice," Mr. Jarr started to say, but Mrs. Jarr gave him such a look.

"And Clara Muddridge-Smith bought ten negligees from some Florida Indian when she was in the Everglades last winter and she only gave the Indian twenty dollars for them," Mrs. Jarr went on. "Well, I might get something too if I could afford to go to Florida. And I wish I had the five dollars back I contributed to protect the birds."

"What birds?" asked Mr. Jarr. But Mrs. Jarr ignored him.

The home milliner has a varied assortment of materials to select from, and with the aid of the crown, brims and bandings she has little difficulty in producing a smart, cheap, handsome head or spangled effects are being shown. The jet and cut steel bead combinations are especially effective. Then there is the cellophane fabric—something new—a banding of which is 35 cents. And this fabric by the yard makes up into smart hats. It is \$1.50 a yard, and a soft draped turban made up of the cellophane sells at \$15.00.

A novel sport hat for fall wear is of patent leather covered with French knots in wool. These are applied in heavy designs and the result is a hat that can be purchased for less than \$5.

Scarfs of broad velvet chiffon are new. They have a simple home-stitched hem at the ends. One in lavender is exquisite and bears a tag marked \$15.

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How to Reduce Your Weight Right in Your Own Home

Body Raising—First of a Series of Exercises to Be Taken at Night to Tone Up the System.

By Doris Doscher.

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IN our last lesson we completed the after-bath rubs I have been giving you in connection with this reduction course. I received a letter from a girl who has been following the instructions with good results, as she has lost the number of pounds she desired. She wants to know if it is just as beneficial to take the exercises at night as it is in the morning.



In the beginning of this reduction course I tried to show you what exercises were necessary on arising in the morning. The few minutes required to perform these exercises should be gladly sacrificed by every one who is interested in her personal appearance, especially those who are over weight. But after a strenuous day of mental or physical fatigue a different kind of exercise will have the effect of soothing your tired nerves and sending the blood to the brain or muscles which have been strained in your daily occupations. I therefore think it an excellent plan to devote a few minutes each night to some prescribed exercise.

Although I have several times in this column referred to the need of doing with a little less sleep if we wish to reduce, I want to make it clear that to gain better health by this reduction course it is necessary to have our sleep unbroken and restful. Therefore we must retire with our body sufficiently soothed by exercise to promote restful slumber. Whereas the exercises that are performed in the morning must be strenuous enough to wear away the fatty tissue, the exercises at night should teach us how to handle our bodies with grace.

The illustration of to-day's lesson shows you how to raise and lower the body from the floor with the support of the hands and toes only. This is very difficult at first, but I have chosen it because in this position the weight of the organs is taken away from the spinal column and this is a relaxation after the strain of the day. The raising and lowering of the body will strengthen the legs and arms and spine. As it is the reverse position of what we assume during the day, it will help you to become nimble. The more nimbleness you acquire the quicker you will lose your overweight.

Answers to Readers' Questions.

I am 5 feet 7 inches in height and weigh 151 pounds. I am too large around the hips. Kindly tell me how to reduce. B. B.

For your height, if you are about twenty-five years of age, 141 pounds would be sufficient. Follow carefully each day the instructions for the abdomen after-bath rub, the trunk bending, trunk twisting and the upper leg after-bath rub. Watch your diet also.

V. B.—You should weigh ninety-two pounds.

H. J. C.—You are as tall as a girl of twenty and you are at least ten pounds overweight for your height.

K.—For your age and height you should weigh 105 pounds.

CONSTANT READER.—For 5 feet 2 inches tall at fifteen years of age you are about ten pounds overweight.

C. B. A.—You are a little tall for your age and slightly underweight for your height.

JOSEPH K.—You are slightly underweight for your age. Do not be so strenuous in your sport activities. Try to get plenty of sleep as you need it till you get your full growth.

A. G.—You are about right height for your age and you will gain in flesh when you reach your full height.

V. O.—To fatten the arms and legs I would suggest that you take the exercises given in this column for the legs and arms, also in the group exercise; this will round out your muscles. Massage night and morning with a good olive oil; this will feed the dead tissues. Follow full instructions in the bath rub for the general development.

M. W. H.—The above answers your letter also.

MAE.—You are a normal weight for your age.

T. S. E.—You are a little short for your age and slightly overweight. Exercise taken in such a haphazard manner as you described will have no permanent benefit. It is very important for you to take the spine exercise daily as this will slightly increase your height. I would suggest that you join a gymnasium and do the chinning apparatus work.

FRANCES C. A.—For your age and height you should weigh about 99 pounds.

ANNA.—You will find that the leg and the leg circling exercise given in this column the first of the series will be very beneficial in reducing your legs.

Going Down!

DEAR READER: Are you making progress? Have you taken stock of yourself lately as you used to have examinations in school?

If you wonder why you do not get along faster in the world you might ask yourself if you know all about the job you have now.

Learn arithmetic before algebra. The tendency to-day is to let things slide.

The carnival of waste has been followed by a severe re-trenchment.

This is a time for good thinking, which should result in your own coming to you.

Always.

ALFALFA SMITH.

Maxims of a Modern Maid

By Marguerite Mooers Marshall.

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When two women kiss each other goodbye at a summer resort they are not necessarily thinking, "Thank heaven, I'll never see YOU again!"

NO married woman is so good a feminist that she doesn't sometimes avoid a disagreeable duty by saying, modestly, "My husband doesn't care to have me go in for that sort of thing."

The gossiping female (or male) is like a child playing with matches; often she (or he) does no harm, but the thrill of the game lies in the chance of starting something.

A woman is often blamed for harsh treatment of the man she no longer loves. But nothing short of sheer brutality will penetrate the average male's adamant conviction that, once adored, he is adored forever!

When the Elizabethan gallant penned a sonnet to his lady's eyebrow, he didn't have to wonder whether it was shaved.

The nine thousand six hundred and eighty-first time a woman wishes she hadn't married her husband is when she is trying to go to sleep at one-twenty A. M. and his snore seems to fill every corner of an otherwise quiet universe.

Kissing, fortunately, is a seamless operation, if it were not, some of our best brought up dappers might look as if they had recently recovered from a bad case of smallpox.

Of course, it may be a guilty conscience which makes some husbands so nice to their home-coming wives, but a wise woman takes the good; the domestic gods provide and asks no questions.

In many a divorce suit, Father Time is the real respondent.

The Housewife's Scrapbook

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FRENCH cooks add an onion and sweet herbs tied in a bit of muslin to the water when boiling fish. Try it. You will find the fish very tasty.

Ordinary glassware will gleam like cut glass if scrubbed in lukewarm soap suds. Brushes especially for this purpose can be purchased, but any small brush will answer the purpose.

If you cannot possibly cook cucumbers perfectly in the oven why not cook them where you can watch them?